



Mushroom Turkey Patties

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs beaten
- 0.3 cup olive oil extra virgin
- 1 pound pd of ground turkey
- 4 ounce mushrooms diced drained
- 1.5 ounce beef stew seasoning mix dry

Equipment

- bowl
- frying pan

Directions

- In a bowl, mix the turkey, mushrooms, beef stew seasoning mix, and eggs. Form the mixture into patties.
- Heat the oil in a skillet over medium heat.
- Place the patties in the skillet, and cook 10 to 12 minutes on each side, to an internal temperature of 165 degrees F (75 degrees C).

Nutrition Facts

PROTEIN 38.66% **FAT 50.96%** **CARBS 10.38%**

Properties

Glycemic Index:6.17, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:15.972173885159%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 208.14kcal (10.41%), Fat: 12.24g (18.83%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 2.41g (0.87%), Sugar: 0.72g (0.8%), Cholesterol: 96.14mg (32.05%), Sodium: 62.28mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.78%), Vitamin K: 49.52µg (47.17%), Vitamin B3: 8.36mg (41.81%), Vitamin B6: 0.77mg (38.32%), Selenium: 23.29µg (33.27%), Phosphorus: 227.39mg (22.74%), Iron: 3.59mg (19.95%), Vitamin E: 2.8mg (18.66%), Manganese: 0.37mg (18.56%), Vitamin B2: 0.26mg (15.28%), Fiber: 3.2g (12.8%), Calcium: 124.32mg (12.43%), Vitamin B5: 1.24mg (12.38%), Zinc: 1.81mg (12.06%), Potassium: 392.75mg (11.22%), Magnesium: 44.52mg (11.13%), Vitamin B12: 0.52µg (8.73%), Folate: 32.95µg (8.24%), Copper: 0.16mg (7.97%), Vitamin B1: 0.08mg (5.37%), Vitamin A: 218.66IU (4.37%), Vitamin D: 0.63µg (4.22%)